

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

11TH OCTOBER 2020

SUNDAY COMMUNION – ST. SWITHUN’S CHURCH, SANDFORD AT 9.45AM

Welcome to our communion service. We meet at 9.45am when Paul shares the notices and then we are joined at 10am by our online congregation. Due to Covid restrictions we have to keep all the doors open for a free flow of air so do remember to wear an extra layer of clothing on Sunday mornings!

ANNUAL PAROCHIAL CHURCH MEETING (APCM) – SUNDAY 11TH OCTOBER

The APCM is the important church meeting reviewing the activities of the Churches in our parish over the last year and electing our Churchwardens, PCC members and Deanery synod reps for the coming year. It will take place at 11am, straight after the morning service, in the Parish Hall and via Zoom. If you have not yet booked your place in the Hall or on Zoom, it's not too late but you do need to hurry! Please contact Rosanne on 01363 774409 or email northcreedy@gmail.com. by 6pm this Saturday 10th October.

HARVEST BOUNTY

Thank you all for your generosity on Harvest Sunday. Keith took 6 large bags of food to the Crediton Food Bank and the cake and produce stall made £206 for church funds. Thank you too to Elaine, Jill and Charlotte for the wonderful harvest flower arrangements in the church and the porch. And thank you to James and Peter who alternate playing the organ on Sundays. We may not be able to sing or have a choir but we are supported by beautiful organ music.

WEDNESDAY PRAYERS – 9.30AM ONLINE

Due to present Covid-19 restrictions, the reflective prayer time is still being live streamed from the vicarage kitchen. A big thank you to Paul for helping us to recentre our focus with God in these troubled times.

GROW – EQUIPPING GOD’S PEOPLE TO SERVE WITH JOY

This is a new series of free taught online courses to enable lay people to grow in their service to God and the church. This autumn there are sessions on Pastoral care, Leading worship, Small group leadership and Administration with full details on the Diocese of Exeter website. Do carefully consider if you would like to follow one and **talk to Paul** soon, as the first one starts on 15th October. God has given all of us skills to use to benefit others and share his love, this training helps us focus on ours.

KERRY HOPE AND THE LONDON MARATHON

Many of you know Kerry completed a marathon last Sunday and some asked if it was still possible to donate to Macmillan Cancer Care for whom she was running. It certainly is and here are the details:- uk.virginmoneygiving.com/KerryHope

CHRISTMAS SHOE BOXES

In normal years Margaret would be encouraging us to donate items for the Shoe Boxes but this year our usual charity cannot accept and deliver them. However if you would still like to get involved, Margaret has found a similar charity in Plymouth called Mustard Seed Relief Mission which puts together Christmas boxes called Love in a Box. There is a collection point in Sandford Stores with details or talk to Margaret on 775185.

SANDFORD SCOUTS

One of the many strengths of this parish is the willingness of adults to volunteer and run activities for others. Sandford has a popular Beavers, Cubs and Scouts pack which is looking to start up post-Covid but it does need more helpers. This is perhaps even more important for children as after school clubs are not happening at the moment. If you are interested in helping please contact Marie on 07931 362633.

IN YOUR PRAYERS

- This weekend there is a world focus on Mental Health. Remember anyone you know who suffers from any kind of mental health, for their families and carers and for all those working to care for and support those with mental health issues.
- This week we remember the Quaker prison reformer Elizabeth Fry so pray for prisoners, prison

officers and prison chaplains. Remember especially the local prisons in Exeter and Channings Wood.

- With so much to feel anxious, frustrated and even angry about, remember to stop each day and be thankful. The sound of a robin's winter song, the taste of a fresh, crisp apple, the sight of a glorious sunset, the feeling of a smooth conker inside its prickly case, things like these ground us and remind us to stop and say thank you to God.

SUNDAY'S READINGS: ISAIAH 25:1-9; PSALM 23; PHILIPPIANS 4:1-9; MATTHEW 22:1-14

In exploring the story in Matthew of the king inviting people to his wedding feast I discovered that it was the practice at that time for kings to provide their many guests with a suitable robe from their vast wardrobes. There were servants whose job it was just to look after these huge wardrobes to be ready for such occasions. Then the king would inspect his guests before the festivities began. And in this story one guest prefers to wear his own clothes than accept the king's. God's invitation is to each of us, old and young, rich and poor. But we have to be willing to let him reclothe us in his robes of righteousness and that means we have to be willing to change.